



July 01, 2005

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Office of Nutritional Products  
Labeling and Dietary Supplements (HFS-810)  
Center for Food Safety and Applied Nutrition  
U.S. Food and Drug Administration  
5100 Paint Branch Parkway  
College Park, MD 20740

JUL 13 2005

Pursuant to the requirements of Section 6 of the Dietary Supplement Health and Education Act of 1994, 21 U.S.C. 343 r (6) and in accordance with the authorized provisions of 21CFR 101.93, AdvoCare provides notification for statements on dietary supplement labels as follows:

**The name and address of the manufacturer, packer or distributor of the dietary supplement that bears the statements:**

ADVOCARE International, L.P.  
2727 Realty Road  
Carrollton, TX 75006

**Product Name:** Fiber Drink, Peaches and Cream Flavor

**Statement(s)**

**Basis for Statement**

Helps promote regularity

Gum acacia Cellulose powder  
Psyllium seed Guar gum  
Oat fiber Apple pectin  
Citrus pectin Oat bran  
Flax seed powder

Helps provide a feeling of fullness, which helps curb appetite.

Gum acacia Cellulose powder  
Psyllium seed Guar gum  
Oat fiber Apple pectin  
Citrus pectin Oat bran  
Flax seed powder

Contains a combination of fibers designed to support intestinal function, eliminate wastes and help maintain cholesterol levels that are already in the normal range.

Gum acacia Cellulose powder  
Psyllium seed Guar gum  
Oat fiber Apple pectin  
Citrus pectin Oat bran  
Flax seed powder

**Certification**

The undersigned certifies that the information contained in this notice is complete and accurate and that AdvoCare International, L.P. has substantiation that the statements are truthful and not misleading.

Respectfully yours,

Sidney Stohs, Ph.D.  
Senior Vice President, Research and Development  
AdvoCare International, L.P.

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